

KENTON INVITATIONAL POWERLIFTING MEET

Regional Qualifier - 2017

DATE: Saturday - January 28, 2017

FOR: Middle School and High School Athletes

PLACE: Kenton Athletic Facility

WEIGH INS: 8:00 a.m. - 9:30 a.m.

TIME: Competition Begins at 10:00 a.m.

BOY DIVISIONS: Lightweight, Middleweight, and Heavyweight

WT. CLASSES: 125, 135, 145, 155, 165, 175, 185, 195, 210, 225, 250, Unlimited

GIRL DIVISIONS: Lightweight and Heavyweight

WT. CLASSES: 115, 125, 135, 145, 155, 175, 195, Unlimited

EVENTS: Bench/Squat/Deadlift - Three attempts at each event

ENTRY FEE: \$10

RULES: Ohio High School Powerlifting Meet Rules

REQUIREMENT: Permission Slip Signed by Parent or Guardian

AWARDS: Medals in Each Weight Class for 1st - 5th Place (Girls)
Medals in Each Weight Class for 1st - 10th Place (Boys)

TEAM AWARDS: Trophies to the Top Four Boy Teams
Trophies to the Top Two Girl Teams

ADMISSION: \$5 for Adults and \$4 for Students

CONCESSIONS: Will be Provided

T-SHIRTS: Will be Available

MEET DIRECTOR: Chuck Moore 419- 673-1286